1: Conzemius M-4, 5 (1921) 1932
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The eating of earth (M.: *tasba;* S.: *sdû*), clay (M.: *slaûbla;* S.: *sdû*), sand (M.: *dûya;* S.: *kaûhmak*), and charcoal (M.: *kwasko, tmasko;* S.: *kusmak*) is very common among women and children. 261

NONFERMENTED BEVERAGES

DRINKING WATER.—The whole country is well watered and the Indians obtain their drinking water from the running streams on the banks of which their settlements are generally situated. Wells are also dug by those living near the sea. 312

WATER LIANAS.—Several varieties of water lianas, varying in size from 3 to 5 inches, can be found throughout the forest. When the stem is merely cut through only a few drops of water will issue; the vine must then be severed immediately about 2 or 3 feet farther down, whereupon a continual stream of water will flow, quite sufficient to quench the thirst of a person. The Indian holds the severed part of the stem in a vertical position, allowing the sap to run directly into the mouth. The vine must be cut above first, otherwise the sap will ascend so rapidly that hardly any will be obtained.

HONEY.—The Indians are very fond of the honey (M.: *nasma;* S.: *smak*) from the various species of wild, stingless bees which make their nests in hollow trees. The entrance to the nest is easily ascertained by watching the little bees flying about. The Indians either climb or fell the tree in order to get possession of the honey. The latter is always taken as a beverage, after being mixed with water, but even in its natural state it is not viscid, but almost as fluid as water. It has a subacid, highly fragrant taste. The Indians, while away from home, may make a meal of the contents of such a bee nest, but the average foreigner does not care much for it, and finds it greatly inferior to that of the European domesticated bee. The natives collect in bamboo joints what they are unable to consume immediately to take home to their family. 222

MILK.—The consumption of cow's milk is not general. When I inquired the reason from some Sumu of the upper Rio Waspuk they answered that they are not the descendants of cows, to drink their milk. 272

BANANAS AND PLANTAINS.—A great variety of nourishing drinks of vegetable origin are prepared by the Indians under consideration. Bananas are consumed largely in the shape of a pop, known locally by the name "wabul." The bananas for this purpose are used generally in the green state, before their contained starch has turned into sugar. They are peeled and cooked in an iron pot. Then the water is poured off and the bananas are thoroughly mashed in the same pot with the aid of a short wooden stick. During this process cold water is added little by little, and the whole is well stirred. No salt

3: Pijoan D-5 (ca. 1945) 1946
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of rain and humidity have eroded, the pit fills with water and the entire construction fills with flies. The dysentery epidemics at San Carlos usually begin about these latrines and extend to the periphery of the village. 164 514

Another contributing factor to the spread of dysentery is that in some areas well meaning visitors have encouraged the use of milk for children. In a territory devoid of refrigeration or adequate sterilization the use of milk should be derived from the mother's breast or directly from the cow's udder. On the other hand milk products such as cheese are less likely to be infected. Nevertheless, milk fluid serves as an excellent bacterial medium. Powdered milk might obviate such a hazard. 164 262

Drinking water in the larger villages may be considered a source of infection since water may be stored in containers not ideally suited for such a purpose or the water may be collected from the main river or other pools simply because the source is conveniently located. 164 312

The Indian customs are such as to depress the occurrence of dysentery. These customs are to drink water from clear running creeks (see map of San Carlos), and to perform their ablutions either in the large river or to dig holes for their excremata. If holes are dug in the bush they are immediately covered up after use. The Indian, unless educated otherwise, considers the communal use of a structure such as a collecting booth for feces and urine as an evil. It would thus appear that the invading culture (Spanish American) with its convenient latrine often in juxtaposition to the latrine, has furthered the dysentery problem. 164 514

Some of the latrines observed were of such a character that even the investigators used to the inconveniences of the bush felt repelled by the utterly uninviting stench and the great scatter of soiled paper throughout the establishment. Toilet paper, in many tropical areas of high humidity, offers itself as a remarkable medium for growth of molds which renders the paper useless. Latrines built by special sanitary engineers were misused, had eroded screens and were half filled with water. During the dry season when they were erected they were presumed to be ideal and satisfactory in every way.

If the wretched latrine is to be used, the use insecticides and disinfectants must be encouraged, otherwise dysentery will be present. The authors of this report endeavored to encourage the Indian practice of waste disposal.

Amoebic dysentery exists as far as could be determined in from 2-5 per cent of the population. Stool examinations at Waspam, revealed that 7 per cent of the adults and 2 per cent of the children had 164